

OBSERVATIONS & RECOMMENDATIONS

After reviewing data collected from **Bradley Lake, Andover**, the program coordinators have made the following observations and recommendations.

Welcome to the New Hampshire Volunteer Lake Assessment Program! As your group continues to participate in VLAP each summer, the database created for your lake will help your monitoring group track water quality trends and will ultimately enable your group and DES to identify potential pollutant sources from the watershed that may affect lake quality.

As a rule of thumb, please try to sample at least once per month during the summer months (**June, July, and August**). In addition, it may be necessary to conduct rain event sampling at multiple locations along a stream using the bracketing technique to identify sources of pollution. Furthermore, baseline studies could involve bi-weekly or monthly sampling for an extended period of time. DES will let you know if this type of sampling is appropriate.

We understand that future sampling will depend upon volunteer availability, and your group's goals and funding availability. We would like to point out that **water quality trend analysis is not feasible with only a few data points**. It will take many years to develop a statistically sound set of water quality baseline data. Specifically, after 10 consecutive years of participation in the program, we will be able to analyze the in-lake data with a simple statistical test to determine if there has been a significant change in the annual mean chlorophyll-a concentration, Secchi disk transparency reading, and phosphorus concentration. Therefore, frequent and consistent sampling will ensure useful data for future analyses.

Please contact the VLAP Coordinator early this spring to schedule the annual DES lake visit. **It would be best to schedule the DES visit for early June to refresh your sampling skills!**

Finally, please remember that one of your most important responsibilities as a volunteer monitor is to educate your association, community, and town officials about the quality of your lake and what can be done to

protect it! DES biologists may be able to assist you in educating your association members by attending your annual lake association meeting. Remember to schedule biologists early for your lake association meeting.

If your monitoring group's sampling events this year were limited due to not having enough time to pick-up or drop-off samples at the Limnology Center in Concord, please remember the Colby Sawyer College Water Quality Laboratory is open in New London. This laboratory was established to serve the large number of lakes/ponds in the greater Lake Sunapee region of the state. This laboratory is inspected by DES and operates under a DES approved quality assurance plan. We encourage your monitoring group to utilize this laboratory next summer for all sampling events, except for the annual DES biologist visit. To find out more about the Colby Sawyer College Water Quality Laboratory, and/or to schedule dates to pick up bottles and equipment, please call Bonnie Lewis, laboratory manager, at (603) 526-3486.

We encourage your monitoring group to formally participate in the DES Weed Watchers program, a volunteer program dedicated to monitoring lakes and ponds for the presence of exotic aquatic plants. This program only involves a small amount of time during the summer months. Volunteers survey their waterbody once a month from **May** through **September**. To survey, volunteers slowly boat, or even snorkel, around the perimeter of the waterbody and any islands it may contain. Using the materials provided in the Weed Watcher kit, volunteers look for any species that are suspicious. After a trip or two around the waterbody, volunteers will have a good knowledge of its plant community and will immediately notice even the most subtle changes. If a suspicious plant is found, the volunteers immediately send a specimen to DES for identification. If the plant specimen is an exotic species, a biologist will visit the site to determine the extent of the problem and to formulate a management plan to control the nuisance infestation. Remember that early detection is the key to controlling the spread of exotic plants.

If you would like to help protect your lake or pond from exotic plant infestations, contact Amy Smagula, Exotic Species Program Coordinator, at 271-2248 or visit the Weed Watchers website at www.des.nh.gov/organization/divisions/water/wmb/exoticspecies/weed_watcher.htm.

FIGURE INTERPRETATION

CHLOROPHYLL-A

- **Figure 1 and Table 1:** Figure 1 in Appendix A depicts the historical and current year chlorophyll-a concentration in the water column. Table 1 in Appendix B lists the minimum, maximum, and mean concentration for each year that the lake has been monitored through VLAP.

Chlorophyll-a, a pigment found in plants, is an indicator of the algal abundance. Algae (also known as phytoplankton) are typically microscopic, chlorophyll producing plants that naturally occur in lake ecosystems. The chlorophyll-a concentration measured in the water gives biologists an estimation of the algal concentration or lake productivity. **The median summer chlorophyll-a concentration for New Hampshire's lakes and ponds is 4.58 mg/m³.**

The current year data (the top graph) show that the chlorophyll-a concentration **decreased** from **June** to **July**, and then **remained stable** from **July** to **August**.

The historical data (the bottom graph) show that the **2010** chlorophyll-a mean is **much less than** the state and similar lake medians. For more information on the similar lake median, refer to Appendix F.

After 10 consecutive years of sample collection, we will be able to conduct a statistical analysis of the historical data to objectively determine if there has been a significant change in the annual mean chlorophyll-a concentration since monitoring began.

While algae are naturally present in all lakes and ponds, an excessive or increasing amount of any type is not welcomed. In freshwater lakes and ponds, phosphorus is the nutrient that algae typically depend upon for growth in New Hampshire lakes. Algal concentrations may increase as nonpoint sources of phosphorus from the watershed increase, or as in-lake phosphorus sources increase. Therefore, it is extremely important for volunteer monitors to continually educate all watershed residents about management practices that can be implemented to minimize phosphorus loading to surface waters.

TRANSPARENCY

- **Figure 2 and Tables 3a and 3b:** Figure 2 in Appendix A shows the historical and current year data for transparency with and without

the use of a viewscope. Table 3a in Appendix B lists the minimum, maximum and mean transparency data without the use of a viewscope and Table 3b lists the minimum, maximum and mean transparency data with the use of a viewscope for each year that the lake has been monitored through VLAP.

Volunteer monitors use the Secchi disk, a 20 cm disk with alternating black and white quadrants, to measure how far a person can see into the water. Transparency, a measure of water clarity, can be affected by the amount of algae and sediment in the water, as well as the natural lake color of the water. **The median summer transparency for New Hampshire's lakes and ponds is 3.2 meters.**

The current year data (the top graph) show that the non-viewscope in-lake transparency ***increased gradually*** from **June** to **August**.

It is important to note that as the chlorophyll concentration ***decreased*** at the deep spot as the summer progressed, the transparency ***increased***. We typically expect this ***inverse*** relationship in lakes. As the amount of algal cells in the water ***increases***, the depth to which one can see into the water column typically ***decreases*** and vice versa.

The historical data (the bottom graph) show that the **2010** mean non-viewscope transparency is ***greater than*** the state and similar lake medians. Please refer to Appendix F for more information about the similar lake median.

The current year data (the top graph) show that the viewscope in-lake transparency was ***slightly greater than*** the non-viewscope transparency on the **June** sampling event. The transparency was ***not*** measured with the viewscope on the **July** or **August** sampling events. A comparison of transparency readings taken with and without the use of a viewscope shows that the viewscope typically increases the depth to which the Secchi disk can be seen into the lake, particularly on sunny and windy days. We recommend that your group measure Secchi disk transparency with and without the viewscope on each sampling event.

It is important to note that viewscope transparency data are not compared to a New Hampshire median or similar lake median. This is because lake transparency with the use of a viewscope has not been historically measured by DES. At some point in the future, the New Hampshire and similar lake medians for viewscope transparency will be calculated and added to the appropriate graphs.

As previously discussed, after 10 consecutive years of sample collection, we will be able to conduct a statistical analysis of the historical data to objectively determine if there has been a significant change in the annual mean transparency since monitoring began.

Typically, high intensity rainfall causes sediment-laden stormwater runoff to flow into surface waters, thus increasing turbidity and decreasing clarity. Efforts to stabilize stream banks, lake and pond shorelines, disturbed soils within the watershed, and especially dirt roads located immediately adjacent to the edge of tributaries and the lake or pond should continue on an annual basis. Guides to best management practices that can be implemented to reduce, and possibly even eliminate, nonpoint source pollutants, are available from DES upon request.

TOTAL PHOSPHORUS

- **Figure 3 and Table 8:** The graphs in Figure 3 in Appendix A show the amount of epilimnetic (upper layer) phosphorus and hypolimnetic (lower layer) phosphorus; the inset graphs show current year data. Table 8 in Appendix B lists the annual minimum, maximum, and median concentration for each deep spot layer and each tributary since the lake has been sampled through VLAP.

Phosphorus is typically the limiting nutrient for vascular aquatic plant and algae growth in New Hampshire's lakes and ponds. Excessive phosphorus in a lake or pond can lead to increased plant and algal growth over time. **The median summer total phosphorus concentration in the epilimnion (upper layer) of New Hampshire's lakes and ponds is 12 ug/L. The median summer phosphorus concentration in the hypolimnion (lower layer) is 14 ug/L.**

The current year data for the epilimnion (the top inset graph) show that the phosphorus concentration ***remained stable*** from **June** to **July**, and then ***increased slightly*** from **July** to **August**.

The historical data show that the **2010** mean epilimnetic phosphorus concentration is ***much less than*** the state and similar lake medians. Refer to Appendix F for more information about the similar lake median.

The current year data for the hypolimnion (the bottom inset graph) show that the phosphorus concentration ***increased slightly*** from **June** to **July**, and then ***decreased slightly*** from **July** to **August**.

The historical data show that the **2010** mean hypolimnetic phosphorus concentration is ***much less than*** the state and similar

lake medians. Please refer to Appendix F for more information about the similar lake median.

As discussed previously, after 10 consecutive years of sample collection, we will be able to conduct a statistical analysis of the historical data to objectively determine if there has been a significant change in the annual mean phosphorus concentration since monitoring began.

One of the most important approaches to reducing phosphorus loading to a waterbody is to continually educate watershed residents about the watershed sources of phosphorus and how excessive phosphorus loading can negatively impact the ecology and the recreational, economical, and ecological value of lakes and ponds.

TABLE INTERPRETATION

➤ **Table 2: Phytoplankton**

Table 2 in Appendix B lists the current and historical phytoplankton and/or cyanobacteria observed in the lake. Specifically, this table lists the three most dominant phytoplankton and/or cyanobacteria observed in the sample and their relative abundance in the sample.

The dominant phytoplankton observed in the **June** sample were ***Staurostrum (Green)***, ***Dinobryon (Golden-Brown)***, and ***Elakatothrix (Green)***.

Phytoplankton populations undergo a natural succession during the growing season. Please refer to the “Biological Monitoring Parameters” section of this report for a more detailed explanation regarding seasonal plankton succession. Diatoms and golden-brown algae populations are typical in New Hampshire’s less productive lakes and ponds.

➤ **Table 4: pH**

Table 4 in Appendix B presents the in-lake and tributary current year and historical pH data.

pH is measured on a logarithmic scale of 0 (acidic) to 14 (basic). pH is important to the survival and reproduction of fish and other aquatic life. A pH below 6.0 typically limits the growth and reproduction of fish. A pH between 6.0 and 7.0 is ideal for fish. The median pH value for the epilimnion (upper layer) in New Hampshire’s lakes and ponds is **6.6**, which indicates that the state surface waters

are slightly acidic. For a more detailed explanation regarding pH, please refer to the “Chemical Monitoring Parameters” section of this report.

The mean pH at the deep spot this year ranged from **6.37** in the hypolimnion to **6.47** in the epilimnion, which means that the water is ***slightly acidic***.

It is important to point out that the hypolimnetic (lower layer) pH was ***slightly lower (more acidic)*** than in the epilimnion (upper layer). This increase in acidity near the lake bottom is likely due to the decomposition of organic matter and the release of acidic by-products into the water column.

Due to the state’s abundance of granite bedrock in the state and acid deposition received from snowmelt, rainfall, and atmospheric particulates, there is little that can be feasibly done to effectively increase lake pH.

➤ **Table 5: Acid Neutralizing Capacity**

Table 5 in Appendix B presents the current year and historical epilimnetic ANC for each year the lake has been monitored through VLAP.

Buffering capacity (ANC) describes the ability of a solution to resist changes in pH by neutralizing the acidic input. The median ANC value for New Hampshire’s lakes and ponds is **4.8 mg/L**, which indicates that many lakes and ponds in the state are at least “moderately vulnerable” to acidic inputs. For a more detailed explanation about ANC, please refer to the “Chemical Monitoring Parameters” section of this report.

The mean acid neutralizing capacity (ANC) of the epilimnion (upper layer) was **2.2 mg/L**, which is ***less than*** the state median. In addition, this indicates that the lake is ***moderately vulnerable*** to acidic inputs.

➤ **Table 6: Conductivity**

Table 6 in Appendix B presents the current and historical conductivity values for tributaries and in-lake data. Conductivity is the numerical expression of the ability of water to carry an electric current, which is determined by the number of negatively charged ions from metals, salts, and minerals in the water column. The median conductivity value for New Hampshire’s lakes and ponds is **40.0 uMhos/cm**. For a more detailed explanation, please refer to the “Chemical Monitoring Parameters” section of this report.

The mean annual epilimnetic conductivity at the deep spot this year was **15.8 uMhos/cm**. The mean Inlet and Outlet conductivity were **29.4 uMhos/cm** and **14.13 uMhos/cm**. All values are ***much less than*** the state median. Typically conductivity levels greater than 100 uMhos/cm indicate the influence of pollutant sources associated with human activities. These sources include septic system leachate, agricultural runoff, and road runoff which contains road salt during the spring snow-melt. We hope this trend continues!

➤ **Table 8: Total Phosphorus**

Table 8 in Appendix B presents the current year and historical total phosphorus data for in-lake and tributary stations. Phosphorus is the nutrient that limits the ability of algae and aquatic plants to grow and reproduce. Please refer to the “Chemical Monitoring Parameters” section of this report for a more detailed explanation.

The total phosphorus concentration in the **Inlet** was ***elevated* (31 ug/L)** on the **August** sampling event. The turbidity of the sample was also ***elevated* (8.51 NTUs)**, which suggests that the stream bottom may have been disturbed while sampling or that erosion is occurring in the watershed.

When the stream bottom is disturbed, phosphorus rich sediment is released into the water column. When collecting tributary samples, please be sure to sample where the tributary is flowing and where the stream is deep enough to collect a “clean” sample free from organic debris and sediment.

If you suspect that erosion is occurring in this area of the watershed, we recommend that your monitoring group conduct a stream survey and rain event sampling along this tributary. This additional sampling may allow us to determine what is causing the ***elevated*** levels of turbidity and phosphorus.

*For a detailed explanation on how to conduct rain event sampling and stream surveys, please refer to the 2002 VLAP Annual Report special topic article, which is posted on the VLAP website at **<http://www.des.nh.gov/organization/divisions/water/wmb/vlap/categories/publications.htm>**, or contact the VLAP Coordinator.*

➤ **Table 9 and Table 10: Dissolved Oxygen and Temperature Data**

Table 9 in Appendix B shows the dissolved oxygen/temperature profile(s) collected during **2010**. Table 10 in Appendix B shows the historical and current year dissolved oxygen concentration in the

hypolimnion (lower layer). The presence of sufficient amounts of dissolved oxygen in the water column is vital to fish and amphibians and bottom-dwelling organisms. Please refer to the “Chemical Monitoring Parameters” section of this report for a more detailed explanation.

The dissolved oxygen concentration was **high** at all deep spot depths sampled at the lake on the **June** sampling event. As thermally stratified lakes age, and as the summer progresses, oxygen typically becomes **depleted** in the hypolimnion (lower layer) by bacterial decomposition. Specifically, the loss of oxygen in the hypolimnion results primarily from biological organisms using oxygen to break down organic matter, both in the water column and particularly at the bottom of the lake or pond where the water meets the sediment. The **high** oxygen level in the hypolimnion is a sign of the lake’s overall good health. We hope this continues!

➤ **Table 11: Turbidity**

Table 11 in Appendix B lists the current year and historical data for in-lake and tributary turbidity. Turbidity in the water is caused by suspended matter, such as clay, silt, and algae. Water clarity is strongly influenced by turbidity. Please refer to the “Other Monitoring Parameters” section of this report for a more detailed explanation.

The turbidity in the **Inlet** and **Outlet** samples was **elevated (8.51 and 4.18 NTUs)** on the **August** sampling event, which suggests that the stream bottom may have been disturbed while sampling or that erosion is occurring in this area of the watershed. Due to the lack of rainfall during the 2010 sampling season, tributary flows and lake were reduced and lake levels decreased. When collecting tributary samples please sample where there’s sufficient stream flow and depth to collect a “clean” sample free from debris and sediment.

➤ **Table 12: Bacteria (*E.coli*)**

Table 12 in Appendix B lists the current year and historical data for bacteria (*E.coli*) testing. *E. coli* is a normal bacterium found in the large intestine of humans and other warm-blooded animals. *E.coli* is used as an indicator organism because it is easily cultured and its presence in the water, in defined amounts, indicates that sewage **may** be present. If sewage is present in the water, potentially harmful disease-causing organisms **may** also be present.

The *E. coli* concentration was **very low** at the **Outlet** sampled on the **August** sampling event. Specifically, the result was **0 counts**, which is **much less than** the state standard of 406 counts per 100 mL for recreational surface waters that are not designated public beaches

and 88 counts per 100 mL for surface waters that are designated public beaches.

➤ **Table 13: Chloride**

Table 13 in Appendix B lists the current year and the historical data for chloride sampling. The chloride ion (Cl⁻) is found naturally in some surfacewaters and groundwaters and in high concentrations in seawater. Research has shown that elevated chloride levels can be toxic to freshwater aquatic life. In order to protect freshwater aquatic life in New Hampshire, the state has adopted **acute and chronic** chloride criteria of **860 and 230 mg/L** respectively. The chloride content in New Hampshire lakes is naturally low, generally less than 2 mg/L in surface waters located in remote areas away from habitation. Higher values are generally associated with salted highways and, to a lesser extent, with septic inputs. Please refer to the “Chemical Monitoring Parameters” section of this report for a more detailed explanation.

The **epilimnion** was sampled for chloride during the **June** and **July** sampling events. The results were **< 3 mg/L**, which is ***much less than*** the state acute and chronic chloride criteria.

We recommend that your monitoring group continue to conduct chloride sampling in the epilimnion at the deep spot, particularly in the spring during snow-melt and rain events during the summer. This will establish a baseline of data that will assist your monitoring group and DES to determine lake quality trends in the future.

Please note that chloride analyses can be run free of charge at the DES Limnology Center. Please contact the VLAP Coordinator if you are interested in chloride monitoring. In addition, it is best to conduct chloride sampling in the spring as the snow is melting and during rain events.

➤ **Table 14: Current Year Biological and Chemical Raw Data**

Table 14 in Appendix B lists the most current sampling year results. Since the maximum, minimum, and annual mean values for each parameter are not shown on this table, this table displays the current year “raw,” meaning unprocessed, data. The results are sorted by station, depth, and then parameter.

➤ **Table 15: Station Table**

As of the spring of 2004, all historical and current year VLAP data are included in the DES Environmental Monitoring Database (EMD). To

facilitate the transfer of VLAP data into the EMD, a new station identification system had to be developed. While volunteer monitoring groups can still use the sampling station names that they have used in the past and are most familiar with, an EMD station name also exists for each VLAP sampling location. Table 15 in Appendix B identifies what EMD station name corresponds to the station names you have used in the past and will continue to use in the future.

DATA QUALITY ASSURANCE AND CONTROL

Annual Assessment Audit:

During the annual visit to your lake, the biologist trained your group how to collect samples at the deep spot and the outlet. Your group learned very quickly and did a great job following instructions.

In future years, the biologist will conduct a “Sampling Procedures Assessment Audit” of your monitoring group during the annual visit. Specifically, the biologist will observe the performance of your monitoring group while sampling and will document the ability of the volunteer monitors to follow the proper field sampling procedures (as outlined in the VLAP Monitor’s Field Manual). This assessment is used to identify any aspects of sample collection in which volunteer monitors fail to follow proper procedures, and also provides an opportunity for the biologist to retrain the volunteer monitors as necessary. This will ultimately ensure that the samples that the volunteer monitors collect are truly representative of actual lake and tributary conditions.

Sample Receipt Checklist:

Each time your monitoring group dropped off samples at the laboratory this summer, the laboratory staff completed a sample receipt checklist to assess and document if your group followed proper sampling techniques when collecting the samples. The purpose of the sample receipt checklist is to minimize, and hopefully eliminate, improper sampling techniques.

Overall, the sample receipt checklist showed that your monitoring group did a **very good** job when collecting samples this year! Specifically, the members of your monitoring group followed the majority of the proper field sampling procedures when collecting and submitting samples to the laboratory. However, the laboratory did identify a few aspects of sample collection that your group could improve upon, as follows:

- **Tributary sampling:** Please do not sample tributaries that are not flowing. Due to the lack of flushing, stagnant water typically contains

elevated amounts of chemical and biological constituents that will lead to results that are not representative of the quality of water that typically flows into the lake.

USEFUL RESOURCES

Acid Deposition Impacting New Hampshire's Ecosystems, DES fact sheet ARD-32, (603) 271-2975 or
www.des.nh.gov/organization/commissioner/pip/factsheets/ard/documents/ard-32.pdf.

Best Management Practices to Control Nonpoint Source Pollution: A Guide for Citizens and Town Officials, DES Booklet WD-03-42, (603) 271-2975 or
www.des.nh.gov/organization/commissioner/pip/publications/wd/documents/wd-03-42.pdf.

Biodegradable Soaps and Water Quality, DES fact sheet BB-54, (603) 271-2975 or
<http://des.nh.gov/organization/commissioner/pip/factsheets/bb/documents/bb-54.pdf>.

Erosion Control for Construction in the Protected Shoreland Buffer Zone, DES fact sheet WD-SP-1, (603) 271-2975 or
<http://des.nh.gov/organization/commissioner/pip/factsheets/sp/documents/sp-1.pdf>

Lake or Pond – What is the Difference? DES fact sheet WD-BB-49, (603) 271-2975 or
<http://des.nh.gov/organization/commissioner/pip/factsheets/bb/documents/bb-49.pdf>

Lake Protection Tips: Some Do's and Don'ts for Maintaining Healthy Lakes, DES fact sheet WD-BB-9, (603) 271-2975 or
www.des.nh.gov/organization/commissioner/pip/factsheets/bb/documents/bb-9.pdf.

Proper Lawn Care In the Protected Shoreland, The Comprehensive Shoreland Protection Act, DES fact sheet WD-SP-2, (603) 271-2975 or
<http://des.nh.gov/organization/commissioner/pip/factsheets/sp/documents/sp-2.pdf>.

Road Salt and Water Quality, DES fact sheet WD-WMB-4, (603) 271-2975 or
www.des.nh.gov/organization/commissioner/pip/factsheets/wmb/documents/wmb-4.pdf.

Sand Dumping - Beach Construction, DES fact sheet WD-BB-15, (603) 271-2975 or
<http://des.nh.gov/organization/commissioner/pip/factsheets/bb/documents/bb-15.pdf>.

Shorelands Under the Jurisdiction of the Comprehensive Shoreland Protection Act, DES fact sheet SP-4, (603) 271-2975 or
<http://des.nh.gov/organization/commissioner/pip/factsheets/sp/documents/sp-4.pdf>.

Vegetation Maintenance Within the Protected Shoreland, DES fact sheet WD-SP-5, (603) 271-2975 or
<http://des.nh.gov/organization/commissioner/pip/factsheets/sp/documents/sp-5.pdf>

Weed Watchers: An Association to Halt the Spread of Exotic Aquatic Plants, DES fact sheet WD-BB-4, (603) 271-2975 or
<http://des.nh.gov/organization/commissioner/pip/factsheets/bb/documents/bb-4.pdf>.

Watershed Districts and Ordinances, DES fact sheet WD-WMB-16, (603) 271-2975 or
www.des.nh.gov/organization/commissioner/pip/factsheets/wmb/documents/wmb-16.pdf.